

INTERACT CLUB

Interact club is a volunteer service club that gives young students an opportunity to participate in meaningful service projects while developing leadership skills.

The basic motto of the club is **SERVICE BEFORE SELF**

MENSTRUATION 101 CONVERSATION ABOUT PERIODS

INTERACT CLUB, BAL BHARATI PUBLIC SCHOOL NOIDA

Menstruation 101

A story of a simple biological process we, girls & women face

Participants: Neha Gupta, Anika Chakraborty, Smriti, Shristi A Tiwari, Divya A Tiwari, Ananya Rajend (9-C), Nirmala Nayak

Bal Bharati PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

RENDZVOUS!!! (A WEBINAR/INTERVIEW)

Organized by Interact Club BBPS, NOIDA

Menstruation is not a problem, poor menstrual hygiene is ...

Ms. Nirmala Nayak
(President & Co Founder,
World of Women)

Date : 18 Sept. 2021
Timings : 12 noon
Platform : Zoom
Topic : Menstruation 101

DON'T WAIT FOR A GIRL TO BECOME A WOMAN TO EMPOWER THEM.
EMPOWER A GIRL'S LIFE BY GIVING SANITARY PADS TO THEM.
WITH PADS, WE GIVE THEM WINGS.

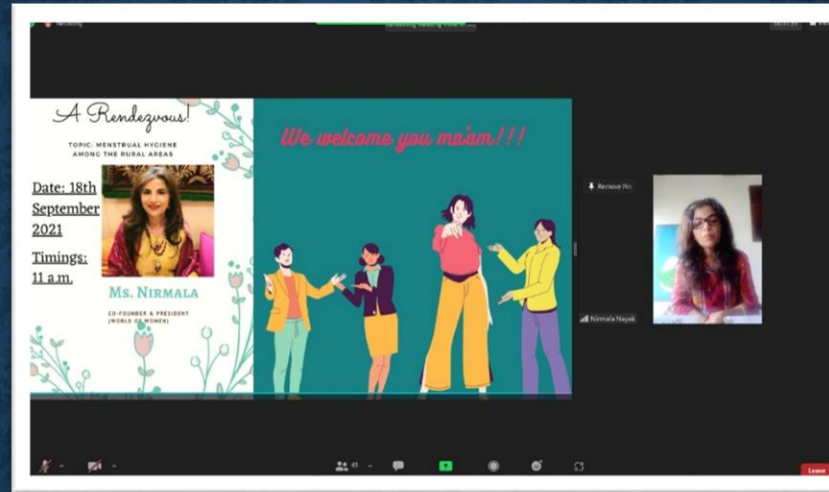
Story of pad: A HISTORY OF MENSTRUATION

ANCIENT	MEDIVAL ERA	VICTORIAN TILL 1990S
<ul style="list-style-type: none">Ancient Egyptians used <u>tampons</u> made of softened papyrusAncient Greeks made tampons from bits of wood with lint wrapped around themRomans used	<p>most medieval women used rags or other absorbent materials during heavy periods.</p> <p>Otherwise, many women would just free bleed into their clothes.</p>	<ul style="list-style-type: none">Sometime in the late 19th century, people started to figure out it wasn't sanitary for women to constantly bleed into their clothes. This is where the history of menstruation productsFrom the 1890s to 1970s, women could purchase washable pads that were attached to a belt around the waist.In 1888, the first disposable pads came onto the market. They were known as Lister Towsels and were developed by Johnson

Under project 'Red Drop' #ProudtoBleed, a webinar cum interview was conducted to spread awareness and destigmatise menstruation, develop acceptance and acknowledgement of the feminine phenomena with Ms. Nirmala Nayak, President of the NGO W.O.W (World of Women) on 18th September 2021 through Zoom platform

Interact Club Volunteers: Anagha (XI) (Vice-President), Avika (X), Shubhangi Semwal (X) and Shrestha Vashishtha (XI)

MENSTRUATION-101 WEBINAR



Menstruation is natural part of female reproductive cycle but in our country, talking about periods is still frowned upon. To combat the misconception & to spread awareness about it a webinar Menstruation - 101 Menstrual hygiene, was organized for East Son's underprivileged children school on 18th September 2021 through Zoom platform
Interact Club Volunteers: Anagha (XI) (Vice-President)

GREEN GANESHA BE THE CHANGE

Paying homage to the Siddhidata Ganesha, the budding Interactors gave shape to idols of Lord Ganesha. The uniqueness of the activity was that, the idols were prepared using biodegradable materials.

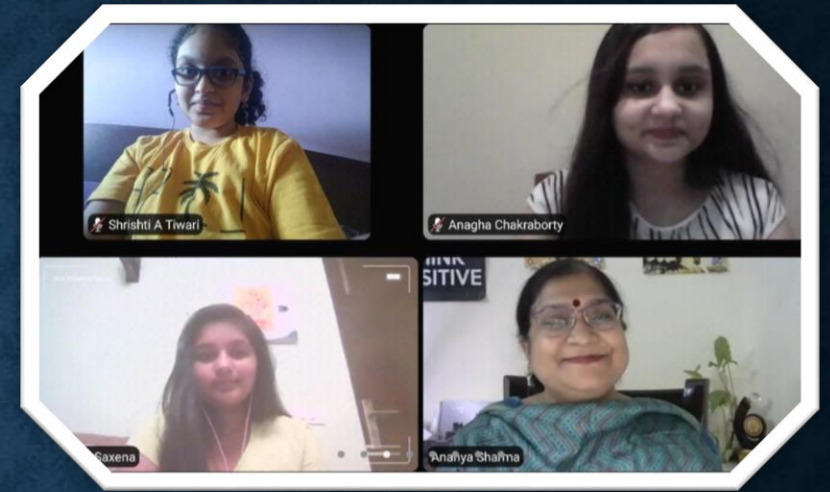
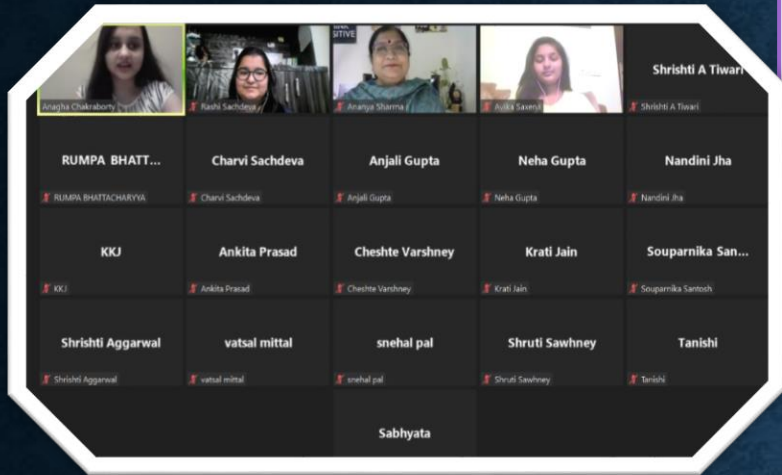


LEARNING OBJECTIVE: Eco-Friendly Festivities Ganesh idol immersion leads to a large amount of pollution in our water bodies. Importance of friendly Ganesh idols is a way forward for sustainable living.

Date: 1 – 10 September 21

Volunteers: Sharanya (XI), Shrishti (X), and other interactors

ALUMNI MEET



Alumni Meet

REMINISCE AND RECONNECT

Join us
October 9, 2021 | 5 PM to 6 PM
Platform: Zoom



UNDER THE AEGIS OF
ROTARACT DISTRICT 3012
INTERACT CLUB
BBPS NOIDA



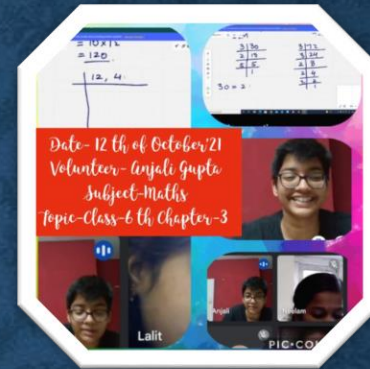
YOU THERE!



To promote knowledge and experience sharing between students & alumni of the Interact club, an Alumni Meet was organized. As students learn better from their peers, the interaction provided a positive boost to the young Interactors.

Date: 9th October 21 Volunteers – Anagha XI, Avika X, Suvanshi X, Rashi XII

COMMUNITY TEACHING AND SHARE A TALENT - AN INITIATIVE BY INTERACT CLUB



“So let us wage a global struggle against illiteracy, poverty, and terrorism, and let us pick up our books and pens. They are our most powerful weapons.”– Malala Yousafzai



Student volunteers shared their talent like Yoga, Drawing/ Painting, Public Speaking and Dancing with other children and made them happy during this Pandemic time. Together, these children enjoyed a lot and learnt different skills through Peer Tutoring. Interactors felt satisfied and happy on teaching different subjects to the underprivileged children and enhanced their own knowledge and skills.

Date: April 21 – till date Volunteers – Anjali XII, Aanagha XI, Avika X, Suvanshi X, Rashi XII and other interactors.

INTERACTORS' COMMUNITY TEACHING EXPERIENCES

"Teaching is not just sharing of thoughts but it's more than this"

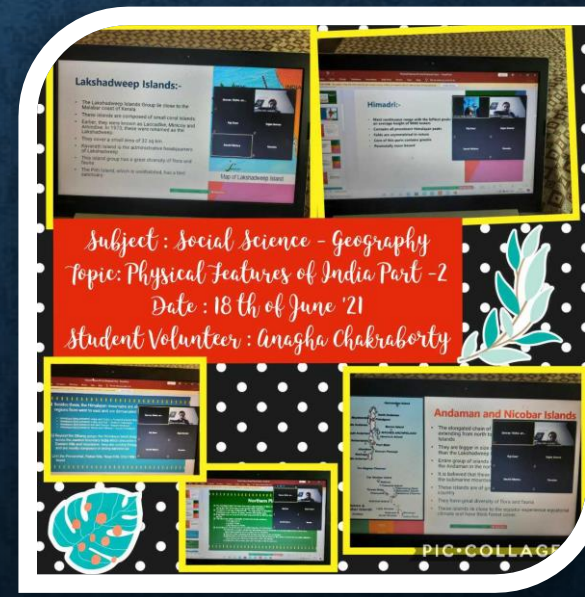
Through the Interact Club of our school, I got the opportunity to try my hands at community teaching That turned out to be a life changing experience.

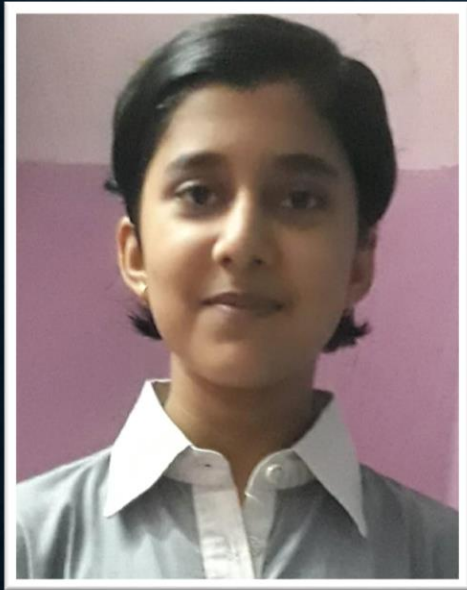
My first experience was of **Hindi Class-7th book Chapter-1** conducted on **12 th of May**. That was my first but the best community teaching class for my whole life. In all, Community Teaching made me more patient, humble, gave me satisfaction and had a positive effect on me!

- Anshika Tikku (VIII)



Anshika Tikku
(VIII)





Nandini Jha
VIII

Someone rightly said, Teaching is the greatest act of optimism.



Community teaching was a term I never knew of till these summer vacations. It was an amazing and wonderful experience doing a social service like this. I thought most of the classes accompanied by my close friend and the way through it as I felt was a wonderful experience.

The most important thing I learnt from it was the tough life of a teacher and how much effort he/she puts into making us understand a single topic.

Lastly I would like to say that, Education is not the filling of a pile but the lighting of a fire.

- Nandini Jha (VIII)



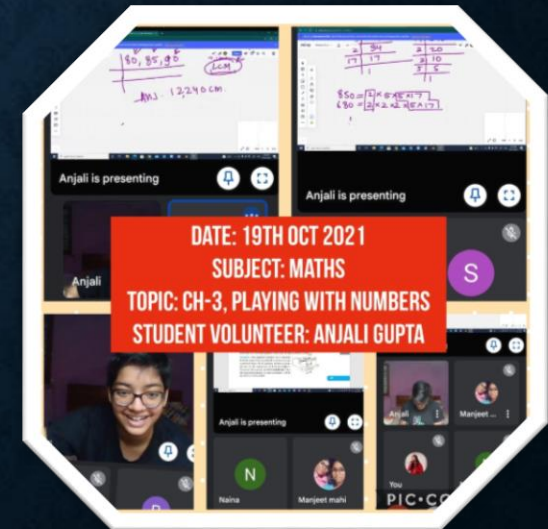
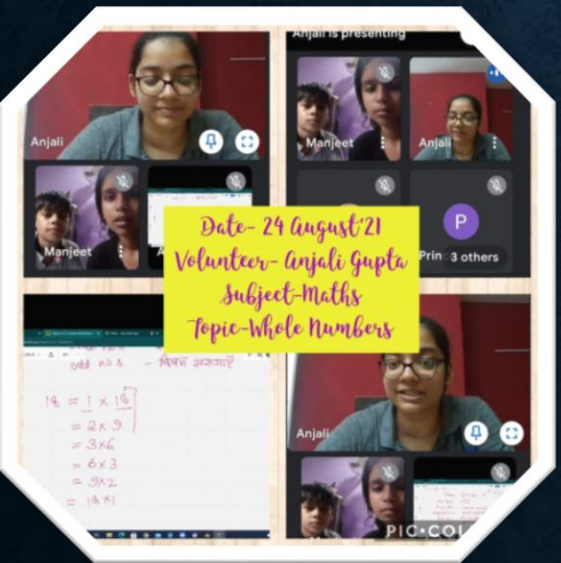
Anjali Gupta XII

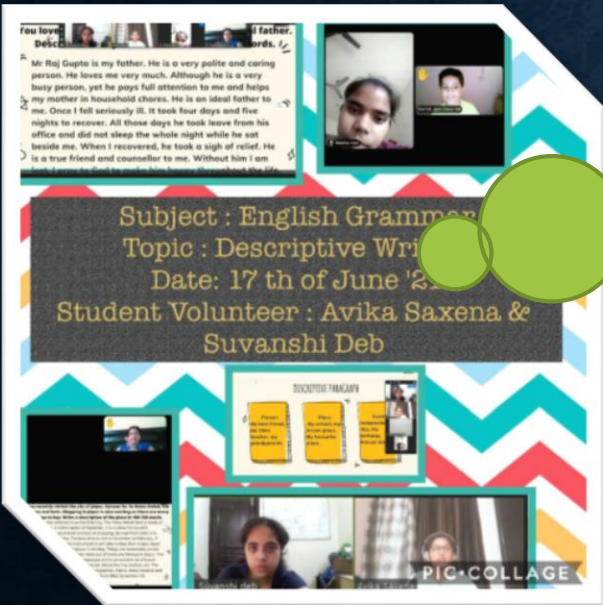
I've been taking community classes since May 24th. It would be an understatement if I say that it's been a beautiful experience. These classes made me aware of the situations children, even younger than me, have to endure and go through. This obviously made me understand the point of view of teachers. And to any student who's reading this, teachers feel delighted when you ask a doubt and when you respond in class. These students that I've been teaching are so responsive, that it's absolutely impossible to take that smile off my face. So much so, that I cannot even fathom the idea of quitting taking these classes.

Of course now I can speak well in front of others, but also, I know that I've learnt a lot throughout these years in school and I can learn more.

In conclusion, I would like to say, that these classes have changed me for the better, in so many ways, and if any of you can spare some time, you should experience this delight too!

- Anjali Gupta XII



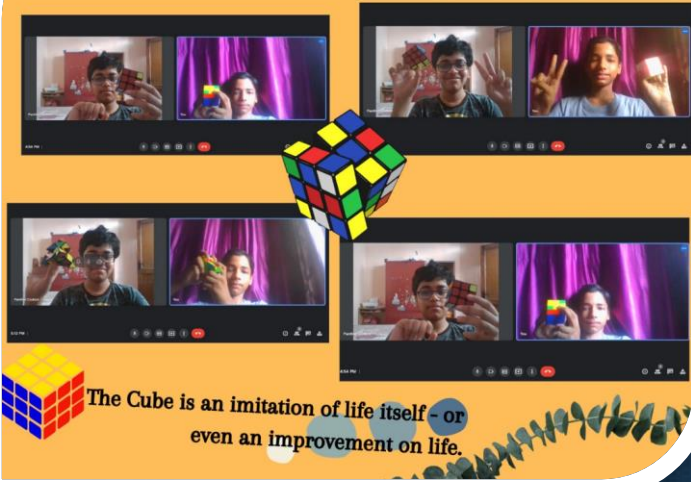


Suvanshi (X)

As a member of the Interact Club, when I was given the opportunity to get involved in community teaching, without any second thought I grabbed it. Since then, I have conducted many classes such as subject teaching, personality development, dance, art and craft to list a few. It is very satisfying to see that I am able to make some difference in someone's life. It keeps me humble and grounded, and motivates me to do more as my little contribution to society. I also now realize the tireless efforts a teacher has to spend to prepare for a class; as a result my respect and gratitude for teachers has increased multifold.

- Suvanshi (X)

Teaching Rubik Cube to Friends



SHARE A TALENT

1 APRIL 2021 TILL DATE

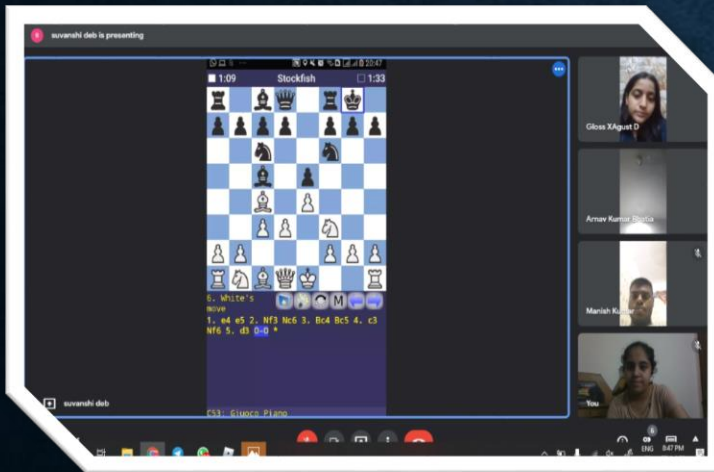
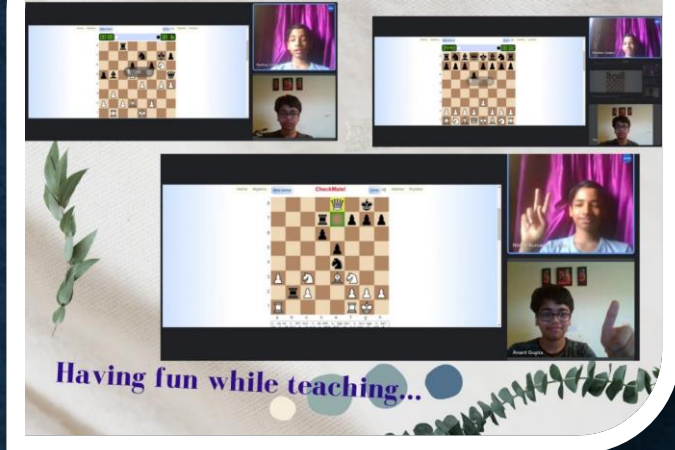
Students identified talents like dancing, singing, playing any musical instrument, yoga, drawing, public speaking and shared them with other children and made them happy during this bleak pandemic time. Together these children enjoyed a lot and learnt different skills through peer tutoring

LEARNING OBJECTIVES

When students share a talent like - Dancing, singing, painting, it gives a flow of creativity, empowerment and a sense of accomplishment that others can benefit from their talent. Playing Chess, Yoga, playing guitar gives the young Interactors a motivation to cultivate talent and share it.

Volunteers: Avika (X), Anshika (VIII), Nilesh (VIII) and other interactors

Teaching Chess to Friends



I CARE KIT



Basic Safety kit



ITEMS FOR A SAFETY KIT

- 1) Band-aid
- 2) Sanitizer
- 3) (Homemade) mask
- 4) Inhaler
- 5) Oximeter
- 6) Thermometer
- 7) Paracetamol

*Jiya Kapoor
TX-B*

Made by, Anagha



Aware Citizens is what we need now

A SIMPLE FIRST AID BOX THAT IS MADE AT HOME

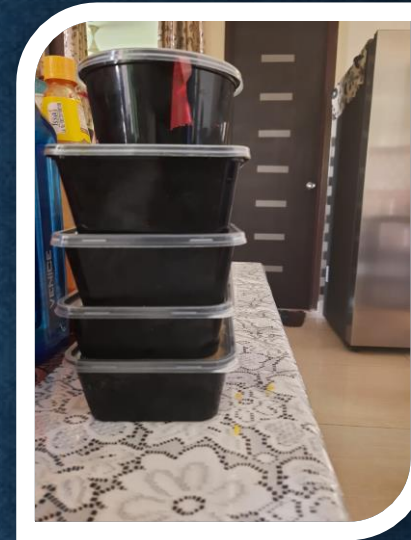


First-aid kits help you handle the medical emergencies as quickly as possible. In an emergency, a delay of just a single minute can cause irreparable damage. These kits offer basic and instant care for common medical emergencies like injuries, burns, cuts etc.

Date: July 21

Volunteers: All Interactors

ANNADAAN



"Annadanam" is made up of two words - 'Annam' which means food and 'danam' which means the act of giving or donating. ... It demands offerings in the form of food constantly and regularly. In Indian tradition feeding the needy is considered to be the most pious of acts that one can undertake. Believing in this, our interactors donated food to the needy on various occasions.

Date: September to October 21 Volunteers : Anagha 11 D, Kartik 4 B, Shreshtha 11 C, Nilesh 8 B

ANNADAAN

My Experience

Our Vedas state that – “Annadaan or donating food is ultimate and unparalleled to any other charity”. Lord Shiva once begged to Maa Annapurna for food so that he could feed the hungry. We should all perform Annadaan according to our capacity.

Keeping this very key fact to the core of my heart in lieu of the celebrations of the Navratri festival, I tried to serve food to the poor and needy on all the 9 days of Navratri festival.

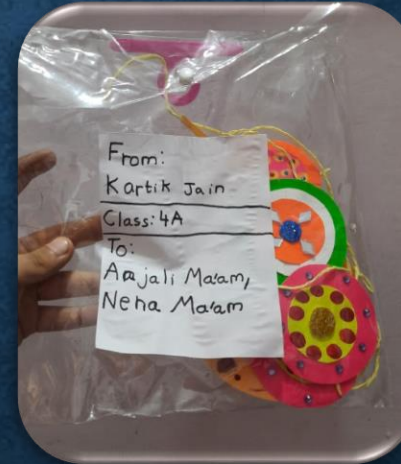
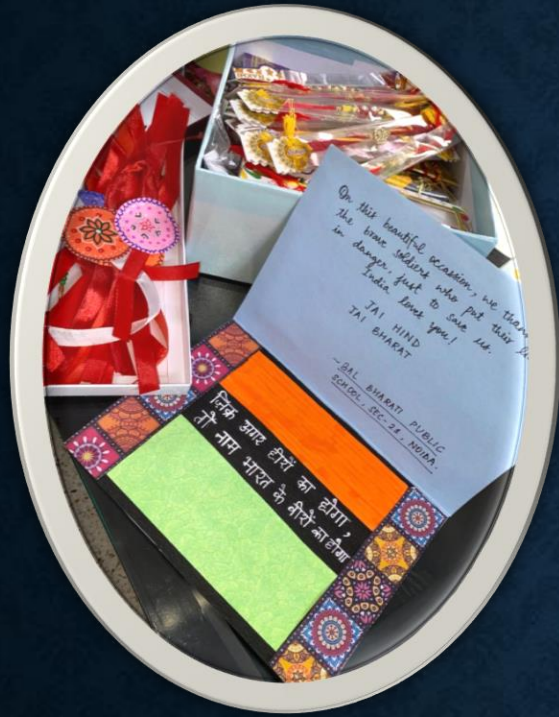
From this activity, I felt humbled and and learnt that feeding all needy irrespective of their religion, caste or creed , gives us heart warming feeling. .



Anagha Chakraborty
(XI D)



RAKHIS FOR INDIAN ARMY SOLDIERS



Learning Outcomes: Students learnt the sacrifices made by the soldiers and the respect increases many folds. Rakhis were prepared and collected and were given to soldiers in Assam.

Date: 1 – 20th August 21

Volunteers – All Interactors

RAKSHA VATAVARAN – A PLEDGE TO PROTECT THE ENVIRONMENT

Interact club members pledged to protect environment on the occasion of Rakshabandhan.

Rakhi/Rakshabandhan is the festival to show gratitude and pray for long life, success, love and protection between brother and sister but over the time this mentality has changed and now the term is considered with protection. We often see sisters tie rakhi to each other, brothers to each other, sister in law to each other which clearly infers that we will respect this tie. We tie rakhis on the wrists of our soldiers who protect us in every situation.

With this firm belief me, my brother and other schoolmates, have tied rakhi to mother earth that we'll protect her and now it's our responsibility to do the same.

wishing everyone a very happy rakshabandhan!!
Sending love♥️🌱♥️🌱Celebrate रक्षा वातावरण 🌱🌱🌍

-Mehak Tiwari (XII)



Mehak Tiwari (XII)



Janhavi Tandon (X)

I have pledged with my cousin brother and our friends Piyush kumar Sharma from class 11th and Janhavi Tandon of class 10th have also done the same. You can also signify your commitment and express gratitude.. I have found a new relation you can find yours♥️😊

-Janhavi Tandon (X)